



ESSENTIAL OIL SAFETY CHART FOR CHILDREN

☹ UNSAFE

😊 SAFE






























































+ MAX TOPICAL DILUTION
















△ USE WITH CAUTION

☼ CAN BE PHOTOTOXIC (when using cold pressed oils)

ESSENTIAL OIL	0-2 YEARS	2 – 5 YEARS	5 YEARS+
Basil (linaloo)	☹	😊	😊
Bergamot ☼	☹	😊	😊
Black Pepper	☹	😊	😊
Black Spruce	☹	😊	😊
Blood Orange	☹	😊	😊
Cajeput	☹	☹	😊
Cardamom △	☹	☹	😊
Carrot Seed	☹	😊	😊
Catnip	☹	😊	😊
Cedarwood	😊	😊	😊
Chamomile German	☹	😊	😊
Chamomile Roman	😊	😊	😊
Cinnamon Leaf	☹	☹	😊 +0.6%

Citronella			
Clary Sage			
Clementine			
Clove Bud			 +0.5%
Copaiba (balsam)			
Coriander			
Cypress			
Dill Weed			
Elemi			
Eucalyptus 			 +1.0%
Firs			
Fragonia			
Frankincense			
Geranium			
Ginger			
Grapefruit 			
Helichrysum			
Ho Wood (linaloo)			
Jasmine		 +0.7%	
Juniper			
Laurel Leaf 			 +0.5%
Lavandin			
Lavender			
Lemon 			
Lemongrass			 +0.7%

Lime ☀			
Mandarin			
Marjoram Sweet			
Melissa		 +0.9%	
Myrrh			
Neroli			
Niaouli ⚠			
Orange Sweet			
Palmarosa			
Palo Santo			
Patchouli			
Peppermint ⚠			 +0.5%
Petitgrau			
Pine			
Ravensara			 +1.0%
Ravintsara (Ho Wood) ⚠			
Rosalina			
Rose			
Rosemary ⚠			 +1.0%
Rosewood			
Sandalwood		 +2%	
Spearmint		 +1.7%	
Spike Lavender ⚠			
Tangerine			
Tansy, Blue			

Tea Tree			
Thyme (linaloo)			
Vanilla			
Vetiver			
Ylang Ylang			 +0.8%
Yuzu			

IMPORTANT: DILUTIONS & USAGE ON CHILDREN -

0-6 MONTHS OLD:

Avoid using any essential oils around babies before 6 months of age. Hydrosols are a safer alternative.

6 MONTHS - 2 YEARS

Topical : Should not exceed 0.25% of essential oil per carrier oil (1-2 drops per 30mls carrier)

Diffuser: Diffusion is a better option. Only diffuse for short periods of time (no more than 15 minutes) on young babies. Start off with 2-4 drops of oil maximum.

2 YEARS +

Topical: Should not exceed 2% of essential oil per carrier oil (20 drops per 30mls carrier)

Diffuser: Regular amounts of essential can start being used in diffuser. Generally around 5-6 drops maximum. Diffusion shouldn't last longer than 30 minutes.

5 YEARS +

Topical : Should not exceed 3% of essential oil per carrier oil (30 drops per 30mls carrier)

Read my complete article here :

[Essential Oils For Pregnancy, Breastfeeding & Baby](#)

****UPDATED – 02/02/18****